



# Living a Life of Gratitude: Your Journey to Grace, Joy & Healing

*Sara Wiseman*

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## **Living a Life of Gratitude: Your Journey to Grace, Joy & Healing** Sara Wiseman

In the moment we give thanks, everything changes. Our hearts crack open. We are flooded with love and light. And in that exact instant, we shift from our negative state to an awareness that is positive, joyous and brimming with bliss—we experience the Divine healing that is our birthright. The trick is to learn how to create this moment not just once in our lifetimes, but over and over again. The secret is found in gratitude—in the surrender to the grateful heart, the open heart, the heart that willingly walks in the magic and the mystery—not just for a moment or moments, but at all times. Sharing uplifting stories that travel from the beginnings of life to the end, *Living a Life of Gratitude* shows you how to open your heart to a journey of reflection that will help you slow down and appreciate life for what it is. Whether you use it as a source for discovering inspiration or for strength in times of struggle, this book is a guide to finding light and love, even when you least expect it.

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